

TAKE YOUR TRAINING
**ONE DAY
AT A TIME**










Tulare County Employee Wellness Program

“Fitness, Get Moving”

April 2016



Mon	Tue	Wed	Thu	Fri
	<p>Coming Soon!</p> <p><u>Walking Works! Challenge 2016</u></p> <p>May 9—May 13</p> <p>To participate and Receive a FREE Pedometer, Register by April 29th! https://www.surveymonkey.com/r/Walkingworks2016</p>			<p>1</p> 
4	5	6	7	8
<p>Healthy Tulare County Week!</p>				
		<p><u>Onsite Fitness Activities</u></p> <p>See page 3 for more information</p> 		<p> <u>Online Webinars</u></p> <p>Theme: Thinking Positive</p> <p>See page 3 for more information</p>
11	12	13	14	15
	<p><u>Live Webinar</u></p> <p>“LiveHealth Online - Telemedicine on the Cutting Edge”</p> <p>9:00 AM and 12:00 PM</p> <p>See Page 2 for more information</p> 			
18	19	20	21	22
			<p><u>Online Video</u></p> <p>“Sitting May be Harmful to Your Health”</p> <p>See page 2 for more information</p>  <p>Watch Video</p>	
25	26	27	28	29
	<p><u>Online Slideshow</u></p> <p>“12 Basic Yoga Poses”</p>  <p>See page 2 for more information</p>			

Get Ready for the 5th Annual Walking Works! Challenge!

To participate and receive a FREE pedometer
Register by April 29th!



- All employees are eligible to participate!
- This is a friendly competition between Departments, the County of Tulare and County of Fresno.
- The Challenge has two categories of competition:
 1. The highest # of average steps walked
 2. The highest # of participation
- It's easy and fun!
- Wear your pedometer all day.
- Remember to stay hydrated and drink plenty of water!

Click on the link below to participate:

<https://www.surveymonkey.com/r/Walkingworks2016>

Pedometers will be provided. More information to come.

Online Video:

"Sitting may be harmful to your health"



Learn how sitting can affect your body through explanations of new research and physiology. The detrimental affects of prolonged sitting and inactivity are shared. The doctor focuses on exercises that can increase your health and help reduce the risk of negative effects of sitting.

Presented by: Dr. Craig Conlon MD, PHD

To View click the link below:

[Sitting-Harmful to your health](#)



Webinar:



"LiveHealth Online- telemedicine on the cutting edge"

Learn how using LiveHealth Online gives you access to a live board certified doctor 24/7 on a smartphone, tablet, or computer with a webcam. Doctors can give medical advice, assess your condition, and send prescriptions to your personal pharmacy.

Date: April 12, 2016

Time: 9:00 AM and 12:00PM

To Register:

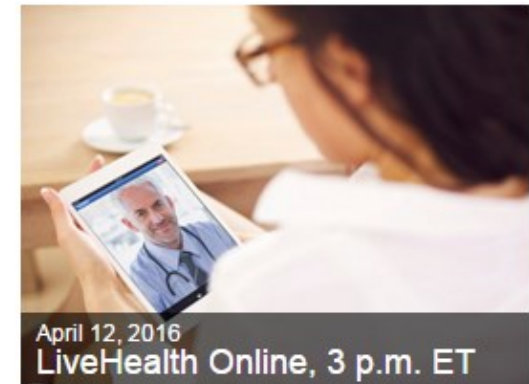
1. Click on the link below

[LiveHealth Online- telemedicine on the cutting edge](#)

2. Select "click here" to register

3. Click the back button on upcoming Doc Talks

4. Select the LiveHealth Online option as seen below



April 12, 2016
LiveHealth Online, 3 p.m. ET

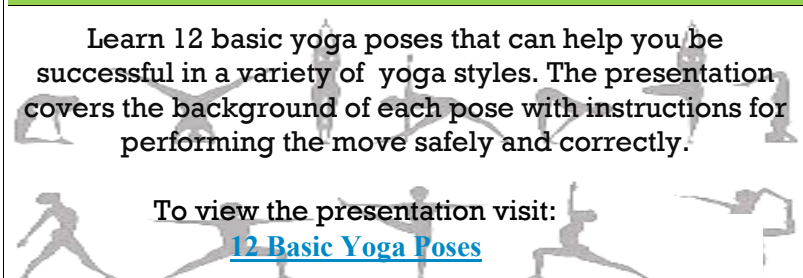
Telemedicine on the cutting edge. Using LiveHealth Online you can have a live video

12 Basic Yoga Poses

Learn 12 basic yoga poses that can help you be successful in a variety of yoga styles. The presentation covers the background of each pose with instructions for performing the move safely and correctly.

To view the presentation visit:

[12 Basic Yoga Poses](#)





Tulare County
Health & Human
Services Agency
1.800.834.7121

Healthy Tulare County Week Presents: Tulare County Healthy Community 2030 April 4th –9th

During the first week of April, agencies across the County observe *National Public Health Week* to recognize the contributions of public health and highlight issues that are important to our communities' health. For the last three years, a partnership of health agencies and health allies have campaigned to educate the public, policymakers, and practitioners about issues related to each year's theme.

For a detailed list of activities and location visit: tiny.cc/healthytulare2016



Daily Themes

Monday, April 4th — Promoting the Public's Health
Tuesday, April 5th — Eating Healthy
Wednesday, April 6th — Living Active
Thursday, April 7th — Knowing Your Numbers
Friday, April 8th — Thinking Positive
Saturday, April 9th — Closing Events



Fitness Activities

Bailoterapia

Date: April 6, 2016

Time: 11:30 or 12:30

Location: 2700 S Mooney Blvd, Visalia

For more locations and times visit:

tiny.cc/healthytulare2016

Bailoterapia is a fitness class that is a mix of aerobic exercises and dance steps set to Latin style music.

Walking at Work

Date: April 6, 2016

Time: 10:00—10:15

Location: Countywide



Everyone is encouraged to take a walk on their 15 minute break to be active.

Gym Passes

Evolutions Gym

Date: April 4th - 9th

Time: All Day, All Week

Location: 1425 E. Prosperity Ave, Tulare

The Lifestyle Center

Date: April 6, 2016

Time: All Day

Location: 5105 W. Cypress Ave, Visalia

This week Evolutions and The Lifestyle Center are offering free guest passes to try out their fitness centers. The Lifestyle Center will have a one day pass on April 6th. Evolutions is offering a week pass all throughout Healthy Tulare County Week.



Thinking Positive Podcasts and Webinars

A Meditation to Help You With Relaxation and Wellness

Learn how when you are feeling stressed you can relax and achieve a calm feeling.

To listen to the podcast:

tiny.cc/meditationguide

Tension Headaches

Dr. Rahul Parikh a physician at Kaiser Permanente discusses tension headaches in this podcast. He covers what they are, how to handle them, and how to prevent them in the future.

To listen to the podcast:

tiny.cc/tensionheadache

Food and Mood

Learn how foods can have an affect on your mind and mental well being.

To listen to the podcast:

tiny.cc/foodmood



Share The Fun:
#healthytularecounty
#NPHW